#### **Video Submission Instructions**

Due to the sizing of video files, the following submission methods are recommended for all entries requiring video recording:

## 1) Text video file from smartphone

Videos taken on a smart device may be texted to **(410)585-4477.** All entry and consent forms must still be submitted via e-mail to kelsey.eisenhauer@va.gov

## 2) Upload to www.YouTube.com as "unlisted" video

URL link should then be copied and e-mailed to <a href="kelsey.eisenhauer@va.gov">kelsey.eisenhauer@va.gov</a>. Submitting this way requires a YouTube account. If you use G-mail then you already have a YouTube account. Simply log into <a href="https://www.YouTube.com">www.YouTube.com</a> with your G-mail login information. Unlisted videos will not be searchable or visible to the public without a direct URL link.

## 3) Upload video file to www.Dropbox.com

A link to the file should then be e-mailed to <u>kelsey.eisenhauer@va.gov</u>. Submitting this way requires a dropbox account. It is free to create an account and upload content up to a certain storage limit.

## 4) Burn a DVD

Videos may be burned to a DVD via computer and submitted as a physical disc by mail or drop-off.

\*Please note\* mailing in submissions may not guarantee they are received in time for judging. Please allow sufficient time for mail to be delivered and distributed through the VA system if mailing a physical DVD.

DVD's may be mailed to:

Attn: Kelsey Eisenhauer

Perry Point VAMC

Bldg 24H, Rm 013

Perry Point, MD 21902

# 5) Request a Recording slot/Recording Assistance

Veterans may request a recording time by contacting Kelsey Eisenhauer (contact info below). Requests must be received by May 21<sup>st</sup>, 2021.

#### For additional questions or assistance please contact:

Kelsey Eisenhauer

kelsey.eisenhauer@va.gov

Office: 410-642-2411 x26191 Cell: (410)585-4477